



oodfamily

FROM KIDS TO MONEY, WHAT TO KNOW NOW

Don't Toast Your Teen

True or False: Since your child starts college in the fall, you should let him have a beer or two now—so he doesn't go crazy once he's away from home.

False, say researchers at the University of Maryland, College Park. Studying more than 1,000 kids ages 17 to 19, they found that those who didn't drink in high school consumed a mean of only 1.8 alcoholic beverages each time they drank as freshmen in college, while their peers with more drinking experience socked back five.

"The notion that if parents don't allow their teen to drink, he's a bomb ready to go off once he leaves for school is just misguided," says lead author Amelia Arria, Ph.D. "Alcohol can damage the part of teens' brains that animal studies suggest is associated with memory and learning."

Plus, kids who drink before age 15 are seven times more likely to develop alcohol problems than people who start at 21. So share these sobering facts and set a zero-tolerance policy: no alcohol—not even a New Year's Eve toast—till he's really of age. —L.H.



A BETTER BREAKFAST

It's obvious those marshmallows in your child's cereal are virtually nutrition-free, but here's something you may not know: **Cereals marketed to kids—even ones claiming to be healthy—have more sugar, sodium, and calories, and less fiber and protein, on average, than grown-up kinds, according to a recent Yale University study.**

For a balanced breakfast, the researchers tell parents to look for cereals with around 4 grams of fiber and no more than 4 grams of sugar per serving. Since it's hard to find these numbers in a single cereal that kids enjoy, GHRI nutrition director Samantha Cassetty, M.S., R.D., created three yummy-yet-wholesome blends to meet the standard. They also got the thumbs-up from our testers, ages 5 to 10. Overheard about our first mix: "It tastes like Lucky Charms!" —*Laura Hahn*

THIS...	PLUS THIS...	EQUALS
2/3 cup Cascadian Farm Clifford Crunch	1/3 cup Cheerios	4 grams fiber, 4 grams sugar
1/2 cup Post Original Shredded Wheat Spoon Size	1/2 cup Kashi Mighty Bites	5 grams fiber, 3 grams sugar
1/2 cup Barbara's Bakery Shredded Spoonfuls	1/2 cup Cheerios	4 grams fiber, 3 grams sugar

MEET THE BEATLES—AGAIN It's been a long and winding road since that 1964 *Ed Sullivan Show*, but they're *still* the third favorite band among American teenagers—and tops among Caucasian teens, reports a study by youth research giant TRU. So pull out your copy of *Rubber Soul*, and see if the whole family doesn't dig it.

